

VITAL SIGNS

VOL VII No. 4

Naval Hospital, Orlando, Florida

1 March 1984

Master Chief Petty Officer of the Navy

AVCM Billy C. Sanders visits us

As part of his NTC Orlando itinerary, Master Chief Sanders paid a visit to the Naval Hospital Orlando on 16 February. He started off his day, bright and early, having breakfast with the staff.

His next stop was at the Laboratory Department where LT Mark Lockhart, MSC, received the Navy Achievement Medal and HM2 Brian Stone received a Letter of Commendation.

The rest of his morning was spent on a complete tour of the wards, clinics, and the Branch Clinic, giving him the opportunity to meet most of the enlisted staff. He also took the time to visit with each active duty patient. Master Chief Sanders' warm smile and firm handshake projected a feeling of caring and interest in each individual he met -- a hallmark of a great, Navy shipmate!



The Lab's Apple spells out "Welcome Aboard, Master Chief Petty Officer of the Navy!"



... a chat with patient, HMC Charles Ramsey.

Commodore Quinn visits

On 17 February, the Naval Hospital Orlando was visited by Commodore J. J. Quinn, MC, USN. Commodore Quinn is the Deputy Commander for Health Care Operations, Naval Medical Command, Washington, D.C.

WHOOOIZZIT

Do you know these two staff members?
The answer is on Page 12!

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He's ready to assist**HM2 Hill**

As an active duty member of the Armed Services, have you ever had to see a civilian doctor or go to a civilian hospital? If so, then you know that your visit is closely followed by a BILL! What do you do with it? Well, you certainly can't file it thru CHAMPUS! You have to get your Health Record and go see HM2 Timothy Hill in Inpatient Administration Division. He will process your claim.

If you are on a leave or liberty status and you are injured in any kind of an accident, a "Third Party Tort Liability Claim" must be filed .. and again, HM2 Hill is your man.

American Red Cross**Volunteer hours****for January -****2, 096****Vital Signs' Staff****Editor:**

HMCM(SS) R. C. Clements, USN

Managing Editor:

Mary V. Van den Heuvel

Nursing Services Coordinator:

LT Joyce E. Drescher, NC, USN

Steth-o-Scoop Reporter/Photographer:

HMI Dennis M. Downey, USN

**Vital
Signs**

STETH - O - SCOOP

By HM1 Dennis M. Downey, USN



Eyes, kidneys, heart, liver - a gift only you can give.

Will you?



HM3 Garth Huetter, CO's driver:
"Being in the medical profession,
what greater gift could I give to
someone in need!"



HM3 Ernest Thomas, Laboratory:
"Sure, IF I am already dead!"



Lucretia Carter, Health Techni-
cian, Food Service: "Yes! The
parts may be worn out, but I am
willing to donate."



LTJG Diane Mitts-Carcavallo, MSC,
Inpatient Administration: "It's
important to educate the people
about donating; however, I, per-
sonally, have not yet made a de-
cision."



CAPT A. Herr, Commanding Officer:
"I think the donor program is an
excellent program and one we need
to publicize more. I am ready to
sign my donor card!"



Peggy Billups, R.N., Newborn Nur-
sery: "I've donated my whole life to
the medical profession ... why
not my organs!"



HN Penni Pritchard, Surgical Ward:
"If my organs were good enough, I
would!"



LCDR Carey Boyle, NC, Education:
"The donor program has been very
beneficial to many people and I
will donate gladly."

Editor's Note: We realize that we ran a similar question last August; however, we thought by repeating this question, we could give you all a heads-up that "National Organ Donation Awareness Week" is coming up 22 - 28 April!

Staff Journal

Reenlistments



HM2 Virginia Mehlert, Pharmacy Department, signs her contract for another six years with her reenlistment officer, CDR Coy B. Lane, MSC, Assistant Pharmacy Officer, looking on.



HM2 Kathy Michael's reenlistment on 14 February was a family affair. Surrounding the reenlistee are: (left to right) LTJG Diana Mitts-Carcavallo, the Reenlistment Officer; HM2 Michael's mother, Mrs. Shirley DeGerr; daughter, Julie, 6 years old; and son, Jason, 8 years old.

On 1 February, Chauncey Lowe, Registered Pharmacist, received his Outstanding Performance Award, with Quality Step Increase, from CDR R. Riesenhuber, Head, Pharmacy Department.

Frockings

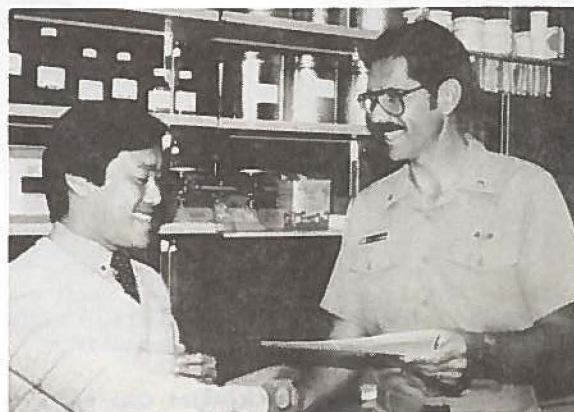


On 7 February, LCDR Susan Faurot, NC, placed new pins on LTJG Bruce M. Peterson, NC, as ENS Kook (soon to be a LTJG) approvingly looks on.



LTJG Bruce L. Kook, NC, happily signs the papers for his promotion under the watchful eyes of CAPT Herr and CAPT Nickerson on 7 February.

Outstanding Award



Presentations of 9 February



... the Navy Achievement Medal for CWO3 Thomas Hawkins, PA, for his professional achievement in the superior performance of his duties at Naval Hospital, Yokosuka.



... an Athletic Achievement Award for LT Ira Davis, Jr., MSC, for 50 miles of jogging.



... Letter of Commendation for HMC Frederick Husen. While off duty, Chief Husen came upon an accident and performed CPR.



... a Third Good Conduct Award for HMC Patricia Johnson.



... a First Good Conduct Award for HM3 Merdean Savage.

Civilian presentations



On 3 February, LTJG Binnall, Head, Outpatient Division, presented Flo Robertson with her retirement certificate. Flo had 23 years of Federal service.



30 January was a "10" day! CAPT Herr and CAPT McClurken with the employees who received their 10 year pins: (left to right): Mary Sobczak, Patient Affairs; Doreen Lett, Outpatient Division; Elaine Billy, Alcohol Rehabilitation Service; Douglas Hayes, Branch Clinic; and Marian Modeste, Surgical Clinic.

Continued on Page 11

CPR Week

In conjunction with CPR week, 13 to 17 February, the Education and Training Division, held several classes for certification and re-certification in CPR as well as Heart Saver classes for non-medical personnel.



LT Jan Douglas, NC, and LT John Gutch, NC, team up on Resusci Anne.



HN Timothy Coakley maintains the airways and HN Kenneth Eder administers the chest compressions.



LCDR Kristine Minnick, NC, instructs Janet Bargo, Food Service Department.



HM3 David Jordan instructs LCDR Jeremy Musher, MC, and HM2 Shawn Helton.



Dr. Musher "saves" the baby.



HM3 Claudeen Sawkins, Patient Affairs, "saves" Janet Bargo.



WOW what a week! The Resusci Anne's and babies are exhausted!!!!

Vital Signs visits

The Pastoral Care Department



LT James L. Doss CHC, USNR



LT Janell O. Nickols, CHC, USNR



RP2 Rogenna W. Bean, USN

By RP2 R. W. Bean, USN

The Pastoral Care Department is an integral part of the health care team, promoting the religious and moral welfare of patients, families and staff at Naval Hospital Orlando.

Head of the Department staff is LT James L. DOSS, CHC, USNR, assisted by LT Janell O. Nickols, CHC, USNR. Administrative support is provided by RP2 Rogenna W. Bean, USN. They are responsible for coordinating inpatient visitation by chaplains and other clergy, conducting and/or arranging worship opportunities for all faiths, pastoral counseling, crisis intervention, and coordinating the use of chapel facilities.

Chaplain Doss makes daily visits to inpatients on the Medical/Pediatric Ward, ICU/CCU, and spends 3 afternoons a week conducting spirituality groups at the Alcohol Rehabilitation Service. Chaplain Nickols makes daily visits to the Surgical Ward, the Newborn Nursery and the OB-GYN Ward. RP2 Bean is available for the scheduling of appointments and chapel facilities.

Current worship services include: Protestant Communion Service at 0830 Sunday; Roman Catholic Mass at 1130 Wednesday; Bible Study at 1200 Tuesday, Noon-time Devotions at 1200 Thursday, and other Holy Day services as appropriate.

The Pastoral Care Department has Bibles and devotional and inspirational materials for all persons who desire them and supplies of these materials are maintained in public areas throughout the hospital.



NURSING SERVICES



Column Coordinator:

LT Joyce E. Dresher, NC, USN

Continuing with the Evolution of Professional Nursing

The heritage of nursing spans hundreds of years, encompassing many historical events, resulting in the transformation of nursing from a vocation to a profession. Changes in the basic education of nurses were initiated in the early 1900's. In 1909, a three year basic nursing program was developed. Between 1880 and 1900, the total number of nursing schools in the United States had risen from 15 to 452. A large number of these schools operated in small hospitals, standards were highly variable, and complaints about poor nurses and nursing services were growing. The need for regulatory control of nursing initiated the first nurse registration laws. By 1928, all 48 states had enacted similar laws. Controversy concerning the differences in each state's requirements for licensure led to the enactment of identical State Board examinations in 1950 and the adoption of a national minimum passing score for State Board examinations in 1951.

At the close of the Spanish-American War, it was evident that the establishment of military nursing would be beneficial for the United States. Congress established the Army Nurse Corps in 1901. In 1908, the Navy Nurse Corps was established and by October, the first twenty nurses had reported to the Naval Hospital in Washington, DC, for orientation and duty. The Corps grew in number and the Navy Nurses were assigned to Naval Hospitals throughout the United States as well as overseas. Navy Nurses were an important asset to health care during World War I. In 1920, after the war was over, enough pressure was made so that "relative rank" as officers was granted to Nurses. It was evident from surveys evaluating the quality of the education of nurses, that nursing in the early 1920's was still on an apprenticeship basis of an "earn while you learn system."

I will continue with the Evolution of Professional Nursing next month.



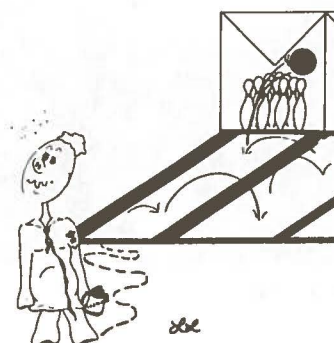
Column Coordinator: ENS S. E. DuLac, MSC, USN

Why not try it sober for a change?

Alcoholism can be fatal, whether one dies in the hospital or becomes an accident fatality. The following are some advantages of living life sober:

- You can remember what you have done. (You won't have to look in your wallet to see if you had a good time!)
- You can face your friends and family in the morning without having to wonder whether you've done something you'd regret.
- You'll have more money for things like bills, furniture, clothes, dinner out, tours and gifts.
- You may even experience a payday with a few dollars leftover from the last pay period.
- You'll sound as intelligent to others as you sound to yourself.
- You may enjoy a large party or a picnic where everyone has a good time; no one's feelings are hurt, there are no fights, and Security is not needed to keep order.
- You won't have to explain to your child's teacher why your child thought beer was a good example of a major food group.
- You may notice how much higher your bowling average is when you are as sober during the third game as you were during the first.
- You may also discover how many "sea stories" you can tell without having to take a drink first.

(Courtesy of STAFFACETS)



CAREER COUNSELOR'S



CORNER

HMC Patricia M. Johnson, USN

The Front Line

By HM1 Patrick Ferguson, USN

Exercise ... your rights!

Together with the many rights and benefits which are an important part of our Navy career, are the rights and benefits we enjoy as American citizens. These are the basic guarantees contained in the Bill of Rights and deal with our right to worship, our right to assemble, our right to privacy and our right to speak freely. These rights and benefits, however, carry implicit obligations and moral responsibilities which we owe ourselves, our families and our country.

We are bound, for example, to share the expenses of the government by filing local, State and Federal tax returns and by paying the taxes imposed, according to our income.

The deadline for filing your income tax is

17 April

Our salary levels, benefits and the very nature of life in the military, is determined by Congress but we have a fundamental right to choose those who represent us and make the decisions which affect our lives and careers. Our right to vote is very important and we have an opportunity to exercise that right during this election year.

Seems a small price to pay to insure that we can continue to enjoy all of our rights and benefits!

RTC Division Sick Call

For the recruit, Division Sick Call can determine how he or she will view the Medical Department for the rest of their Naval career. Since this is their first contact wherein their medical needs will be taken care of by the Navy, the care received will make a lasting impression.

The objective for the staff of Division Sick Call is to medically assess the recruit and return him or her to training as soon as possible. This is important to the recruit, who cannot afford to miss a class and who certainly does not want anything to prolong the period of recruit training. The Division conducts sick call twice a day at times that are most opportune for the recruit to receive treatment: 0730 to 1000 and 1300 to 1500 for males; 0730 to 1000 and 1230 to 1500 for females.

When not conducting sick call, the staff is busy inspecting and verifying hundreds of medical records, inspecting the hygiene of the recruits who will be working in the galley, and checking recruits' tuberculin tests (PPD's). Since there are six Divisions, the routine can become quite hectic.

Because the staff of Division Sick Call provides direct patient care assessment, they are required to be either an Independent Duty Technician or a Clinical Assistant. Both the IDT and the CA are trained to screen patients under the supervision of a Medical Officer.

Staff Members are: HMC Rickie Mize, Leading Chief Petty Officer; HM1 Oscar Gonong; HM1 Susan Boyce; HM2 Frank J. Bolanos; HM2 Zev Ben Levine; HM2 Raymond Wiser; HM2 Michael Champaigne-Davis; HM3 Maureen Helms; HM3 Sheila Scott; HM3 Steven Jordan; HM3 Robert Biggins; HN Kimberly Nixon; and HN Luis Saltos.

MEDIC ALERT

WEEK APRIL 1-7

If You Have A Hidden Medical Condition

JOIN MEDIC ALERT



The Best Emergency Medical Identification System
In The World



CHAPLAIN'S COMMENTS

LT Janell Nickols, CHC, USN

Answered Prayer

I asked God for strength, that I might achieve,

I was made weak, that I might learn humbly to obey.

I asked for health, that I might do greater things,

I was given infirmity, that I might do better things.

I asked for riches, that I might be happy,

I was given poverty, that I might be wise.

I asked for power, that I might have the praise of men,

I was given weakness, that I might feel the need of God.

I asked for all things, that I might enjoy life,

I was given life, that I might enjoy all things.

I got nothing that I asked for -- but everything I had hoped for.

Almost despite myself, my unspoken prayers were answered.

I am, among all men, most richly blessed.

Author unknown



LAB LINE

CAPT P. E. Petit, MC, USN

After dark in the Vampire Palace

Duty in the Lab is a fascinating experience and perhaps it is worth tracing the thought patterns of a duty technician as a typical duty begins. HM2 Mike Tweddle is hard at work, after hours, and is thinking ...

"Well, I wonder what they have cooked up for me tonight? Hmmm, 1600, the day crew just departed and here comes the first customer - wow, a half dozen blood sugars! At least they are all labeled and the addressograph stamps are right side up. Oops, hold on the blood sugars; here comes a ward corpsman with a spinal fluid. That's okay, I can handle that! I'll just start setting that up.... oh, oh, there goes the phone. You need a test result? Did you look in your chit box? Yes, yes, I know it is easier if I look it up for you and send it over the Omnifax... and here's another ward corpsman with a big smile on his face and a two bag crossmatch in his hand. (At this point HM2 Tweddle is a whirlwind in the Lab.) Well, I got all that work out in good shape. I'll call and tell them that blood work is ready: What, the patient was sent out a half hour ago? Oh, well! Hey, what time does the chow hall close? ... an hour ago! Another customer...what have you got there? 6 urines, 5 cultures, 4 CBC's, and a dozen assorted chemistries. Boy, your ward must be really busy. No? You just got back from chow? Hey, before you leave... a couple of these cultures don't list the source of the specimen. Well, it looks like __, and smells like __, so it must be __! I'll take a guess and plant it this way. There goes the phone again... no, I'm sorry, Mam - I can't give you the results of that test. I'll be glad to call your doctor and give him the results, if he doesn't already have them. Oooo excuse me, Mam, there is a strange noise coming from my critical biochemical analyzer! Can I call you back? Thank You. Please, machine, don't go down! Hi there, what have you got? How many? ... and a pre-op workup too? Darn, there's the phone again! Etc. etc.



Master Shipwreck

HMCM(SS) R. C. Clements, USN

What is a shipmate?

The definition of a "shipmate" is: A member of the same ship's company that you belong to; one who is an integral part of the team; one with whom you are proud to serve.

A shipmate is a person who is always willing to carry his or her share of the load; quick to lend a helping hand and the person who is always called on in a time of need. A shipmate is someone that you can confide in and rely on for counsel, advice or assistance no matter how difficult or complicated the situation may be. A true shipmate is honest, trustworthy and serves with a smile. The old saying that "when the going gets tough, the tough get going" is synonymous with the willingness and ease with which shipmates evolve. Although in the truest definition, a shipmate refers to a ship's company or vessel, a shipmate can be found anywhere! A shipmate is a friend, a colleague, a peer, a superior, a subordinate; but, always a shipmate.

In our day-to-day performance of our duties and responsibilities, we continuously solicit the help and assistance of our fellow workers and, by doing so, we create a closer and more rewarding satisfaction in the job we accomplish. When called on, let us all try to be a better shipmate in every sense of the word. The pennants displayed on the crossmember of our flagpole at Naval Hospital Orlando, epitomize the definition of a shipmate:

CHARLIE - GOLF - ONE



I STANDBY TO ASSIST!

Staff Journal (Continued)

Navy Achievement Medal



On 16 February, CAPT Herr presented the Navy Achievement Medal to LT Mark S. Lockhart, MSC, Laboratory Department, for his professional achievement as Laboratory Officer at Naval Hospital, Guam.

Farewell



The Laboratory bid farewell to HM2 Brian Stone on 16 February as he prepared to leave the Navy to pursue his education. HMC Adgate presented Petty Officer Stone with a pen set and a picture.

We have 15 Aircraft Carriers -

can you name them?



List is posted in Manpower Management Department.

Just

A

Word from the
Skipper

CAPT A. Herr, DC, USN

CRA
NOTESWe got it!

All of us have ego - best described as the individual as aware of himself. It is probably a safe bet to say that we all have a portion of egotism - some with a larger portion than others. We have to be careful, though, not to let that egotism make us so self-centered that we lose our awareness of the needs of others. In all of the workcenters of this hospital, people are closely working with others to accomplish the tasks at hand - whether it be restoring a life during a Code Blue or simply compiling the statistics for a monthly report. No matter what the job, it is essential that all those involved, work together as a team in a harmonious atmosphere. If one individual thinks "he's the greatest" and his co-workers are "dumb" it really destroys the working relationships. If we try to put our shipmates first in our thinking and in our actions, we really can achieve great things.

Whenever you have extended yourself to help somebody, didn't you receive a lift - a sense of satisfaction? Maybe we in the Navy go overboard with this "shipmate" business - but I'll bet we got something no other organization has got! I am proud to be a shipmate of this Navy and this hospital and I hope that each member of the staff is proud to be a shipmate too! ... and don't forget, that means shouldering a great responsibility: that of placing your shipmates FIRST in all our thoughts, words and actions!



CRA BIRTHDAY GREETINGS TO: Judy Larson on 2 March; Lee Olson on 4 March; Marilyn Underwood on 11 March; Aunita Padgett on 12 March; Marian Modeste on 13 March; Jean Thomas on 14 March; Edward Sargent on 19 March; Jane Callahan on 20 March; Jane Smith and Doris Villar on 24 March; Carol Blankenship and Ronald Elliott on 25 March; Frankye Grayson and Manuel Maldonado on 27 March; and Virginia Carroll on 29 March.

March -stepUPtimeWHOOOIZZIT

This is going to be a "shocker" for the Shockey's. Neither one of them knew that "their" picture was being submitted! HM1 Patricia Shockey works at the Radiology Department at the NTC Annex Family



Practice Clinic and HM1 William Shockey is assigned to RIF Optical. The Shockey's have been married for three years and both have over 13 years of Naval Service. Patricia originally hailed from Texas and William from Ohio.